# LECTIO DIVINA

"Divine Reading"

-This practice of sacred reading dates back to at least the 3rd Century theologian Origen of Alexandria (184-253)

-M. Basil Pennington refers to this as an "experiential hearing of the Word of God"
*Lectio Divina: Renewing the Ancient Practice of Praying the Scriptures*, pg. 4
Crossroad Publishing Company (New York), 1998

-Lectio Divina consist of four components:

1) Lectio (Reading)
2) Meditatio (Meditating)
3) Oratio (Praying)
4) Contemplatio (Contemplating)

**<u>John 1:10-13 (New Century Version)</u>**

The Word was in the world, and the world was made by him, but the world did not know him. He came to the world that was his own, but his own people did not accept him. But to all who did accept him and believe in him he gave the right to become children of God. They did not become his children in any human way—by any human parents or human desire. They were born of God.